

## When are consultants available?

Consultants from the Psychiatry Consultation Service are available Monday through Friday, between 9 AM and 5 PM. After those hours, and during the weekends, if you would like to meet with a mental health provider, please ask a member of your medical team to contact the psychiatrist-on-call.

## Are outpatient follow-up services available?

The Outpatient Psychiatry Service at Children's Hospital Boston specializes in helping children and their families cope with physical illness and a variety of medical stressors.

This service provides comprehensive evaluations, individual, family, and group therapy, and consultation with schools and medical providers.

For more information, please call the outpatient psychiatry service intake line at 617- 355-6688.

# Psychiatry Consultation Service

The name of your child's Psychiatry Consultant is:

\_\_\_\_\_

Phone # \_\_\_\_\_

The name of your child's Attending Psychiatrist/Psychologist is:

\_\_\_\_\_

Phone # \_\_\_\_\_

In case of emergency, please ask your child's nurse or doctor to page your child's consultant or attending psychiatrist/psychologist.



**Children's Hospital Boston**

Department of Psychiatry  
300 Longwood Avenue  
Boston, MA 02115  
617-355-8606

# What is the Psychiatry Consultation Service?

The Psychiatry Consultation Service provides mental health services for children and families facing challenges related to medical illness and hospitalization. Hospitalization can be a stressful experience for both children and their families. Adjusting to a new or chronic illness or preparing for procedures or surgery can create unique stressors for families. Feelings of depression and/or anxiety are common, and may tax the family's coping resources. Short term therapeutic interventions during hospitalizations can minimize the negative impact of the stressful experience, promote healthy coping, and help the child and family return to their prior state of emotional well-being. The Psychiatry Consultation Service also works with the medical team to provide education around the relationship between physical illness and psychological distress. Consultation may be generated by any member of a Children's Hospital medical or surgical team as well as by parents or guardians. They must, however, be approved by your child's attending physician.

If you are interested in a psychiatric consultation, please contact a member of your child's medical team.

## The Psychiatry Consultation Service provides help with the following:

- Adjustment to a new or chronic medical illness
- Preparation for medical procedures or surgery
- Coping with anxiety and/or depression related to medical illness
- Evaluation of children who have experienced a traumatic event
- Behavioral techniques to help your child follow medical treatment plan
- Medication evaluations and treatment
- Evaluation of patients with eating disorders
- Referrals for outpatient psychological and psychiatric services if needed
- Facilitation of transfers to more intensive levels of psychiatric care, if necessary
- Pre-transplant evaluations and providing support to patients and families going through solid organ transplantation
- Assessment and emotional support for patients on the critical care units

## Will insurance cover these services?

Yes, many insurance plans will cover services provided by the Psychiatry Consultation Service.

Some plans, however, arrange for their mental health services to be managed by a separate organization. In some of these situations, the Psychiatry Consultation Service providers are not in the mental health service network used by your plan, even though your plan covers the other medical care your child receives at Children's Hospital Boston.

If we are not in the mental health network for your insurance plan, or for any other reason authorization is required for our services, we will try to obtain that authorization. The decision to authorize or deny coverage is made solely by your insurance provider. If you have any questions about your child's mental health coverage, please contact your insurance provider.

## Will I receive a bill?

You will receive a bill for our services in the event that your insurance plan does not cover all of the charges. Like the other hospital physician fees, the charges for our services are separate from the bill for the hospital admission. They are billed under the name of your child's staff psychiatrist or psychologist.

## What if there is a financial concern?

We see children and their families regardless of financial situation. If you have any questions regarding billing, please speak with your consultant.